

# How to change the lifestyle of young people?

Mobility of youth workers

Holenský dvůr/ Czech republic

8. - 14. 5. 2024

## INFOPACK



Co-funded by  
the European Union



## **Summary of project**

Motivating young people to lead a healthy lifestyle is important for their own health and well-being, for disease prevention, for sustainability and for the overall quality of life of society. It is an investment in the future of health and the future of the planet. The aim of the presented project is to enable 39 workers from 13 partner organizations to share examples of good practice, acquire new skills, and try out in-practice activities that lead to motivating young people to change their lifestyle and subsequently use the knowledge gained for the development of the activities of the involved organizations and their communities.

### **Main goal**

The main goal of the project is to strengthen the ability of organizations to guide young people through turbulent times and to enable young people to participate actively in shaping their future at national and European level.

### **Secondary objectives of the project**

- learn how to motivate young people to change their lifestyle.
- learn to be a role model for young people on their way to change.
- learn to support young people.
- use examples of good practice and create a portfolio of activities that can be implemented in their organization.
- understand the possibility of involving young people in activities that lead to a change in their lifestyle and learn to create.
- strengthen the ability to work in an international team.
- improve the ability to express oneself in the English language with the project.
- to build a meaningful international partnership
- enable the personal and professional development of its employees and volunteers.
- incorporate best practices, methods, and activities of partner organizations into the activities of their organizations.
- to contribute to the sustainability and overall quality of life of society as a whole through its activities.

## Target group

The project is intended for participants from youth workers, local officials, and representatives, teachers, young representatives of student governments and parliaments. 39 participants will spend 8 days in Jindřichov Hradec. During the project, we will use informal education methods: presentation, discussion, group work, working group, open space, world café, simulation, Brainstorming, role play, evaluation games, self-reflection, outdoor games, walking. Techniques: Energizers, video projection, use of flipchart, PowerPoint presentation, photography and video creation The mentioned methods offer a space for participants to interact, share ideas, avoid passive listening and allow them to contribute to the activities with their own knowledge and skills, reversing the traditional roles of external "experts". During the project activities, the participants will have the opportunity to take on the role of "trainer", they will have the opportunity to choose the topic they want to discuss, they will have the opportunity to comment on the content and organization of the meetings and participate in their improvement.



## Venue

Our project - Mobility of youth workers - will take place in Holenský dvůr 10 kilometers from Jindřichův Hradec (Czech Republic) from 7. 5. - till 15. 5.2024, **The arrival will be on the 7. 5. and the departure on the 15. 5.**

Jindřichův Hradec is a small town in the South Bohemian Region of the Czech Republic. It has approximately 22,700 inhabitants. The city castle and palace are the third largest in the country after those in Prague and Český Krumlov. More than 10,000 works of art and a similar number of books may be found there. Jindřichův Hradec's neighborhood includes sites such as Červená Lhota Castle, the historical town of Třeboň and Stráž nad Nežárkou. The UNESCO World Heritage town of Telč lies 40 kilometers (25 miles) to the east.

## Accommodation

accommodation will be in the "Holenský dvůr", which is surrounded by the beautiful nature of the South Bohemian region.

<https://holensky-dvur.cz/>.

## Participants

3 people from each country 18+, no age limit. We welcome the involvement of participants with fewer opportunities (disadvantaged) At our project will be youth people from 13 European countries

Selection of Participants:

- People interested in non-formal activities and project topic
- People motivated to work in the multicultural context
- Participants with fewer opportunities





## Coverage scope

100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+. Room and board will be fully covered for all the participants. If the travel costs over the limit, that will be the participants or your organization cost. The costs of the visa are included in the expenses paid, but of course we need the original receipt!

Use low-cost airlines. If possible, take the train, bus or carpool.

**Attention** - we cannot pay for car rental, only petrol/diesel, highway stamps. We accept travel documents +- two days before and after the official arrival and departure day. Days other than project days are covered by the participant himself.



**Your organization will receive your reimbursement from us after the end of the project, after providing us all of your travel documents.**

**Please note: you cannot buy your flight/bus/train tickets without our permission! Everything about your tickets consult with us - [project@icmjh.cz](mailto:project@icmjh.cz) - we will help you with all you need!**

## Financials

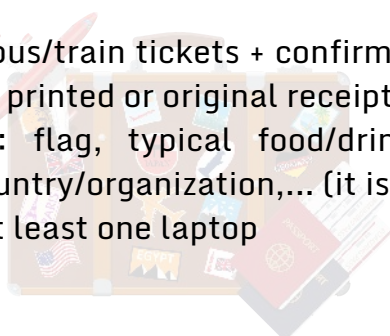
According to the newest Erasmus+ financing policy, participants are reimbursed their travel expenses, but the reimbursed sum should not exceed the below mentioned amount of money. So, these are the maximum costs we can pay you for the round trip from your place to Jindrichuv Hradec:

We prefer eco-friendly (GREEN TRAVEL) traveling, for example if you go by car please take the other participants from your country as well or come by train.

Country	Number of participants	Travel cost in € per one participant	Green travel
Bulgaria	3	275	
Croatia	3	275	320
Greece	3	275	
Hungary	3	275	320
Italy	3	275	
Latvia	3	275	
Macedonia	3	275	
Poland	3	275	320
Romania	3	275	
Slovakia	3	180	210
Spain	3	360	
Turkey	3	275	

## Packing instructions

- Health insurance! + flight/bus/train tickets + confirmation of payment your visa (if you need it) - it has to be printed or original receipt.
- For intercultural evening: flag, typical food/drinks, some typical music, presentation about your country/organization,... (it is only up to you)
- Each country has to have at least one laptop
- Bring also your own towel.



## Travel information

Holensky dvur is an reconstructed facility located in country side of south Bohemia region (link to [map](#)). There are 2 main directions how to reach the location.

### From Prague airport

1. Take the bus from airport to Prague main station
2. In main Train station buy a ticket to „Kardašova řečice“ ([online option](#))
3. Necessary to change the train in „Veselí nad Lužnicí“ - direction „Jindřichův hradec
4. After approximately 15 minutes get of the train in station “Kardašova Řečice” (link to [map](#)) where we are waiting to collect you

### From Vienna airport by bus

1. Take the Flix bus ( [buy online](#)) from airport to Brno (name of station “Hotel Grand”
2. From station “Hotel grand” walk to Brno train main station (5 minutes - link to [course](#))
3. In main Train station buy a ticket to „Kardašova řečice“ ([online option](#)). It is a direct connection
4. After approximately 3 and half hour get off the train in station “Kardašova Řečice” (link to [map](#)) where we are waiting to collect you

### From Vienna airport by train

1. Buy a train ticket from Airport to Brno ([online option](#))
2. Take the train from Airport to Vienna main station
3. In Vienna main station change the train to „Brno“
4. In main Train station buy a ticket to „Kardašova řečice“ ([online option](#)). It is a direct connection
5. After approximately 3 and half hour get off the train in station “Kardašova Řečice” (link to [map](#)) where we are waiting to collect you



## Our team



**Jan Kubinec**



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## How to reach us

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**Instagram**



**@ICMJHZZS**

**Facebook**





## Main take aways

- Understand the benefits of youth participation.
- They acquire or strengthen their personal and work competences, skills and abilities/ improvement of critical thinking ability, improvement of communication in English, improvement of the ability to work in a team, improvement of knowledge about the culture, religion, geography, history and present of the countries of the project partners, improvement of the ability of self-reflection, improving the ability to think and act creatively, improving and classifying knowledge about youth participation activities, improving the ability to listen, discuss and argue, improving the ability to empathize with disadvantaged participants, understanding the effects of youth involvement in solving issues that directly concern them in wider contexts, improving the ability to present learning outcomes and project results, strengthening the feeling of European belonging and getting to know the opportunities offered by the Erasmus+ educational program.
- Can motivate young people to get involved in participatory projects.
- Can build sustainable partnerships at the local level with politicians, entrepreneurs and other entities.
- Can create participatory opportunities for young people and support participatory initiatives of young people.
- They are able to work in an international environment and put examples of good practice into practice, thereby increasing the quality of their organization's work with youth.
- Establish and build long-term partnerships between people and organizations active in the field of youth participation. The impact of the project is long-term and sustainable.
- The project partners will enable the participants to implement the acquired knowledge, skills and experience in the activities organized by the organization and support them in their participatory activities, thereby increasing the quality and scope of their educational activities. Project participants motivate their colleagues and young people to participate in the Erasmus+ international educational project and raise the awareness of the general public about the possibilities that we have thanks to the EU. The project partners fulfill one of the main priorities of the European youth policy - "strengthening the participation of youth in democratic life". The project results will be published on the Erasmus+ Project Results Platform and will motivate other organizations to get involved in Erasmus+ educational activities.